

Your Recovery, Your Journey

Referral

If you would like to access our services then you can refer yourself or you may be referred by someone else, for example, a mental health professional or a GP.



Assessment

We will contact you to arrange an assessment in a mutually agreeable location. This will give us an opportunity to identify and also explain how our service can work for you.



One to One

After your assessment you may choose to work with one of the team on a one to one basis to help you to achieve your goals and aid you in your recovery journey.



Groups/Activities

After an assessment you will be able to access our community wellbeing services. You can do this in addition to one to one support or instead of.

For more information about our services please contact us at:



Eastbourne
Brightview
6 Saffrons Road
Eastbourne
BN21 1DG



01323 430203



brightview@
sussexoakleaf.org.uk



North Wealden
Bellbrook Centre
Bell Lane
Uckfield
TN22 1QL



01825 766528



bellbrook@
sussexoakleaf.org.uk



South Wealden
The Old Chapel
1 Carriers Path
Hailsham
BN27 1AP



01323 849524



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**East Sussex
Community
Wellbeing Service**

The East Sussex Community Wellbeing Service aims to promote good mental health and wellbeing by offering a flexible service which is designed around the individual.

We work sensitively alongside people to look at the whole picture in order to develop a plan which is tailor made to meet your needs and goals.

You can access the service if you are living in East Sussex and are experiencing difficulties with your mental health and wellbeing.

Recovery Workers

Recovery Workers are staff who can provide you with emotional support and help you to work towards your goals. Our Recovery Workers can help you to understand and manage your mental health and also help you to realise your aspirations. Our staff can help you to find out about other services and activities in the area.

“The work you do is fantastic and has been vital for me to even take the first step forward”

Peer Mentors

Peer Mentors are trained staff and volunteers who use their own ‘lived experience’ of mental health problems to support others. Peer Mentors can work along side you helping you to develop confidence and a belief in your own abilities.

Community Programme

Our Community Programme offers a variety of activities, workshops and courses throughout the week. There are also opportunities for clients and volunteers to become involved in deciding how our services and groups are run and providing ongoing feedback.



We are not focussed upon labels or diagnosis, *our focus is on Needs*

